

THE BATH PLUG



Michael sets off to dominate the Wiltshire 10

Another quiet week in the calm before the indoor and XC seasons climax, and outdoor and (half) marathon seasons kick off. We have a handful of road races, a throwback to the climax of the Masters T&F season, and another milestone in the impressive progress by high-jumper Otis Poole.

Simon Brace.

The Plug Editor - email me [here](#).

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Winter Road Races

11th February

By [Paul King](#)

Wiltshire 10 (mile)

Michael Towler ran a superb race finishing 1st in a time of 53:48 almost 3 minutes ahead of his nearest rival. This was just reward for Michael who has been training consistently well with the TBAC endurance running squad. (Main photo above)

Aiden Wiffen finished in 7th with a solid time of 58:32 and Steve Rose had an excellent race finishing in 59:36 and 1st MV50. Also in the race was James Donald (20th 62:35) and Roland Teare (31st 65:47). Jess Ventham finished 6th Female in a good time of 70:16.

Bramley 10 (mile)

Laura Parsonage ran an excellent time of 61:52 finishing 2nd Female overall.

Bramley 20 (mile)

In the 20-mile event Louis O'Shauhnessy ran a solid 2:19:21 to finish 40th along with TBAC newcomer Will Maslin who finished 44th in 2:19:52. Both runners were using this event in preparation for the London Marathon in April. Below (Louis on the left).



European Masters track & field Champs 2023

By Louise Jeffries

Just a snapshot from the European Masters held at the end of September 2023 in Pescara Italy. It really was a terrific end to my track & field season peaking at exactly the right moment with a 4 second SB in the W60 400m heat, my quickest 400m since 2017 and narrowly missing out on qualifying for the final. Another SB a few days later in my event, the 800m final. And in the last race of the entire championships I was rewarded with a gold medal in the 4x400m relay, teaming up with the 3 fastest W60 400m women. See below photo, left to right: Christine Anthony, Louise Jeffries, Janice Ellacott, Virginia Mitchell.

It'll be hard to replicate that for next season but I am looking forward to the challenge in the next Masters championships, indoors at Lee Valley. As always I really do owe much to coach Kevin Brunt. I am really looking forward to it.



National Indoor Champs

10th-11th February

By Di Viles

Otis Poole, national indoor champion! Sounds great, doesn't it. Otis travelled to Sheffield for the National Indoor Championships and duly won the U/17 men's high jump. He had won the competition with 1.98 but then went on to clear two personal bests, firstly at 2.01, then at 2.03, which equals the club record which has stood for almost 30 years. Otis joined us 18 months ago and jumped 1.60 in his first competition with us so he has come a long way since then. We, his coaching team, are very proud of him. Mark Gale, Tom's dad, has recently joined our coaching team and we have all contributed to his training. Roll on the summer season.



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